



# 2008 TUFTS HEALTH PLAN SCHOLARSHIPS

## Application Process Requirements

Please submit the following:

- Cover letter
- Essay (see page three of this application)
- One letter of recommendation (academic preferred)
- Copy of your **most recent** official college transcript
- Resume (optional)

**All materials must be completed and received by the Group Insurance Commission by 5 p.m. on July 25, 2008.**

## Award Procedure

- Scholarship recipients will be notified by August 22, 2008.
- Checks will be made payable directly to the registrar's office of the student's college or university and mailed on or before August 29, 2008.

## Eligibility Exclusions

- Dependents of Group Insurance Commission employees and dependents of Massachusetts state employees who are appointed members of the Commission are not eligible.
- Undergraduate students who will graduate prior to August 29, 2008 are not eligible.

The Group Insurance Commission (GIC) is pleased to announce a scholarship program sponsored by Tufts Health Plan.

In calendar year 2008, two individual \$2,500 scholarships are available to GIC-eligible **undergraduate** students **currently enrolled** in any accredited two- or four-year, public or private college or university, who have completed at a minimum one semester of classes. One of the student's parents and/or a legal guardian must be enrolled in coverage in any GIC health plan.

Each scholarship is merit based. Applications will be evaluated based on the cover letter, the student's college GPA, an essay, a letter of recommendation, and a resume (if the student chooses to submit one), all of which must be received by the GIC by 5 p.m. on July 25, 2008. A preference will be given to students who demonstrate an interest in a career in the allied health field.

## Eligibility Criteria

- Undergraduate student currently enrolled full-time in any accredited two- or four-year, public or private college or university.
- Minimum college GPA of 3.0. The student must have completed at least one semester of college as of July 25, 2008.
- The applicant should demonstrate interest in a health care career. Preference will be given to those applicants who plan on a career in the allied health field.
- The student's parent or legal guardian must be enrolled in health insurance coverage through the GIC at the time of award.



Commonwealth of Massachusetts  
Group Insurance Commission

**TUFTS**  **Health Plan**  
*No one does more to keep you healthy.*

# 2008 TUFTS HEALTH PLAN SCHOLARSHIP APPLICATION

Student's Name \_\_\_\_\_  
Last First MI

Social Security Number \_\_\_\_\_

Permanent Address \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip Code

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

Summer Address (if different from above) \_\_\_\_\_  
Street  
\_\_\_\_\_  
City State Zip Code

College/University and Address \_\_\_\_\_  
Name  
\_\_\_\_\_  
Street City State Zip Code

Current Major \_\_\_\_\_ Current GPA \_\_\_\_\_

Parent/Guardian Name \_\_\_\_\_

Parent/Guardian's Social Security Number \_\_\_\_\_

COMPLETED APPLICATIONS ARE DUE BY 5 P.M. ON JULY 25, 2008

Please mail to:

Scholarship Committee  
Group Insurance Commission  
P.O. Box 8747  
Boston, MA 02114-8747

# 2008 TUFTS HEALTH PLAN SCHOLARSHIP ESSAY QUESTION

Despite growing public awareness of the importance of a healthy lifestyle to health and longevity, many Americans continue to lag in implementing positive changes in the way they live.

Implications of this can be seen in recent data from the Centers for Disease Prevention and Control (CDC) that show, for example, that obesity and overweight among all age groups continue to increase at alarming rates. The CDC also reports that nearly 25 percent of all Americans report they do not engage in any leisure-time physical activity, while some 40 percent of Americans engage in insufficient physical activity on a weekly basis.

- Describe the facets and dimensions of the problem of a general population leading an unhealthy lifestyle. What are the implications for society if unhealthy trends are not reversed?
- Describe the factors and challenges that contribute to this problem.
- What role can/should businesses, government, health insurance companies, and other entities play in helping people adopt healthy lifestyle changes? Suggest programs, approaches, and strategies you believe would be effective in helping Americans implement important lifestyle changes.

Limit your response to no more than 5 pages double-spaced. Pages in excess of the limit will not be read.